





## We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or email editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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The Hawaii Army Weekly is published weekly using the offset method of reproduction and has a printed circulation of 15,300.

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# Ferriter takes reins of Installation Management Command

**TIM HIPPS**  
Installation Management Command

SAN ANTONIO – Lt. Gen. Michael Ferriter took the reins of the Installation Management Command from Lt. Gen. Rick Lynch during a change of command ceremony, Nov. 17, at Fort Sam Houston, Texas.

Army Chief of Staff Gen. Raymond Odierno presided over the changing of the guard for the command, which relocated from suburban Washington, to south Texas during the past two years as part of the base realignment and closure, or BRAC.

The ceremony also marked the passing of the responsibility of IMCOM senior enlisted leader, from Command Sgt. Maj. Neil Ciotola to Command Sgt. Maj. Donald Felt. Felt, top NCO for the IMCOM Central Region, will serve until the scheduled arrival of Command Sgt. Maj. Earl Rice.

Ferriter, a 1979 graduate of the Citadel, came to Texas from a tour as deputy commander for advising and training for U.S. Forces-Iraq, in support of Operation New Dawn. Before that, he commanded the U.S. Army Infantry Center and the Maneuver Center of Excellence at Fort Benning, Ga.

As well as IMCOM commander, Fer-

riter is now the Army's assistant chief of staff for Installation Management.

Ferriter and wife his Margie have four children who all understand Army life: Dr. Meghan Ferriter, Capt. Dan Ferriter, Capt. Paddy Ferriter and 1st Lt. Mary Whitney Whittaker.

"The Ferriters are a great Army family, and IMCOM is fortunate to have them," Odierno said. "Always remember that the strength of our nation is our Army. The strength of our

Army is our Soldiers. The strength of our Soldiers is our families, and that's what makes us 'Army Strong.'"

"There are hundreds of thousands of Army families that are exactly the same, and that's where we get our inspiration," Ferriter said.

Lynch, the only commander IMCOM has known, was quick to thank Odierno for his mentorship.

"I've been blessed in my 35 years of uniformed service," Lynch said. "One

of the top ... blessings is my relationship with Ray Odierno."

Odierno thanked Lynch for a career well done, capped by the complex move of an Army command from the nation's capital to the heart of south Texas.

"We thought he was the perfect person to lead IMCOM and transform it into a world-class organization focused on our customers. The customers are our Soldiers and their families and our retirees," Odierno said.

## IMCOM CG encourages safe celebrations

**LT. GEN. MIKE FERRITER**  
Commander, Installation Management Command

Thanksgiving is a time for Americans to reflect on our beginning as a nation, and give thanks for the many blessings we enjoy.

Thanksgiving also marks the beginning of the winter holiday season and provides well-deserved time off for our Soldiers, civilians and family members.

As we celebrate, it is important for us to be mindful of holiday hazards. Excessive alcohol consumption, road conditions, fall sports activities, domestic violence, unattended cooking, high-risk driving and suicidal behavior continue to be areas of concern. For the sake of your families, your battle buddy and yourselves, take the time to plan responsibly to enjoy this holiday season safely.

The minute you step into a vehicle, there is potential for you to become a statistic. Be aware of your surroundings and

use a great deal of common sense. Use the Travel Risk Planning System, or TRiPs, at <https://safety.army.mil>, to help identify and mitigate traveling risks over the holidays.

Also, be mindful of those for whom this season can be unbearably stressful and offer assistance or referrals as appropriate. More fall and winter safety information is available at the Army Combat Readiness/Safety Center's website at <https://safety.army.mil>.

My wife Margie and I encourage you to reflect on the blessings of the past year, to remember our Soldiers and civilians deployed far from home, and to enjoy your own time with family and friends. As you celebrate, have fun and use sound judgment to make good decisions. We are counting on you to return safely. Each and every one of you is important. Take care, and thanks for all you do.

Support and Defend! Army Strong!

## Sharpen your ax to be more productive, appreciative this holiday season

**CHAPLAIN (CAPT.) PHILIP JEON**  
307th Expeditionary Signal Battalion, 516th Sig. Bde., 311th Sig. Command

There once were two very strong and very skilled woodcutters. Each day they would go into the forest to chop down their trees to be sold at the market. At the end of each day, one woodcutter would come back with 25 percent more wood than the others. This peaked the interest of a local reporter who decided to follow the two woodcutters into the forest to observe why one always ended up with more wood.

First, the reporter followed the woodcutter who always came up short. The reporter observed that upon arriving at his tree, the woodcutter began to work right away. He was not lazy nor did he slack off. From the first bell to the last whistle, the woodcutter chopped away.

The next day, the reporter followed the second woodcutter into the forest. The reporter was eager to find out what the second woodcutter's secret was allowing him

to produce more wood on a daily basis than the first woodcutter, who worked the whole day without rest.

The reporter was puzzled with what the woodcutter was doing. Instead of going right to work, the second woodcutter found a soft patch of grass, sat down, took out his ax and began sharpening it. After he had sharpened his ax for about 10 minutes, he got to work for the next 50 minutes, faithfully chopping at the tree.

After 50 minutes, the woodcutter took a little breather and sharpened his ax. Upon sharpening his ax for another five-10 minutes, the woodcutter got right back to work and continued this cycle throughout the day.

The reporter observed that the secret to more productivity is not more work, but rather the systematic sharpening of one's tools.

Most of us are too busy that we never take time to rest, reflect, learn and grow. Most of us don't have the time or patience to update our skills, our knowledge base and our beliefs about an industry. We also don't take the time to think and reflect.

So, what exactly does sharpening the ax mean? In Steven Covey's book "Seven Habits of Highly Effective People," Covey believes it means "increasing your personal production capacity by daily self-care and self-maintenance."

Did you enjoy the game? Did you have a good time with family and friends this weekend? If the answer is yes, then keep up the good work of self-care. If your answer is "What game?" or "What family and friends?," then stop to sharpen your ax.

What does it mean to keep your ax sharp? Most people fail to understand what it means and mistake it as taking a break or vacation. If you're overworking yourself and your productivity drops off, take a break.

However, that isn't the only means of sharpening the ax — to do so only means to put the ax down. When you put down a dull blade and rest, the blade will still be dull when you pick it up. The woodcutter does need downtime to rest, but only becomes more productive by sharpening his blade.

As you have figured out already, the moral of the story is that it is not enough to just work hard. Working hard must also be accompanied by self-care and self-maintenance, so that as you continue to grow; all those around you will reap the benefits of your success.

During this holiday season, may all of you take care of yourselves and thus sharpen yourselves physically, emotionally, socially and spiritually. Doing so will make you stronger and create a more effective Army.

# Voices of Ohana



"I am thankful for the support of my wife and family."

**Pfc. Austin Blanton**  
8th TSC



"I am thankful for my friends, family and finally being close to home."

**Candy Concepcion**  
Island Palm Communities



"I am thankful that I made it here safely, found a house quickly and that my new staff is great!"

**Capt. Caren Richard**  
Co. A, TAMC



"I am thankful for my family finally being together for the holiday."

**Christi Ross**  
Family Member



"I am thankful for my little brother."

**Ferdinand Siegfried**  
Family Member

## Mulbury addresses dog parks



Mulbury

*apartment-style housing development. The residents feel that there is a real need for a dog park on Fort Shafter. What is the possibility of creating a dog park on Fort Shafter?*

**A:** Your comments regarding the need for a dog park on Fort Shafter are valid and serves as an even broader issue for the entire Oahu-South community. This important issue will be forwarded to the Installation Action Council, or IAC, for further review and consideration when it meets in December.

One of the challenges we face in Hawaii is a shortage of usable land space. The IAC will determine the best available course of action based on available internal and external resources such as land, maintenance support and accessibility. This issue will be tracked until a feasible outcome is found.

The quarterly IAC's status tracker is available on the USAG-HI home page, at [www.garrison.hawaii.army.mil/crmt](http://www.garrison.hawaii.army.mil/crmt). Additionally you may call Rosey Stone, customer relations specialist, at 655-9033, for the most current update regarding this issue.

As an interim solution, residents in the Oahu-

South community might want to consider using the Moanalua Dog Park, which is located on Moanalua Park Road and Hahiole Street in Honolulu. The park is open during daylight hours, daily, except for Tuesday when it is closed until noon for maintenance. Dog park visitors are required to bring and use their own waste bags as none are provided at the park.

Besides using the dog park located on Wheeler Army Airfield, Oahu-North community residents might consider using the dog park located at 95-1069 Ukuwai St., Mililani. It's open daily during daylight hours, except when closed on Wednesday mornings for maintenance.

For a complete list of dog parks on island, visit <http://www.hawaiianhumane.org/Dog-Friendly-Parks.html> or call the Hawaiian Humane Society at 946-2187.

To submit an "Ask the Commander" question, send an email to [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil). For more information, call Rosey Stone (655-9033) at USAG-HI's Customer Relations Team, or call Aiko Brum (656-3155) at USAG-HI's Public Affairs Office.



# TAMC pays tribute, honors Native American service members

**STEPHANIE BRYANT**  
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center recognized National American Indian Heritage Month in the Kyser Auditorium, here, Nov. 16.

The observance featured a hoop dancer, American Indian poetry, a video about “What it means to be Native American” and a guest speaker.

“I am here to share my perspective on Native American Heritage Month and the ideals that we all share in common: service, honor and respect,” said guest speaker Jefferson Keel, lieutenant governor, Chickasaw Nation; and president, National Congress of American Indians.

“(Native Americans) have this inherent feeling about protecting our lands, and so we serve in the military at a higher ratio per capita than any other race in this country,” he said. “Since 2001, more than 60 American Indians have died in the conflicts in Iraq and Afghanistan and more

than 500 have been wounded.”

Keel talked about cultural survival and hope as it pertains to Native Americans. He also explained

“Since 2001, more than 60 American Indians have died in Iraq and Afghanistan and more than 500 have been wounded.”

— **Jefferson Keel**  
Lt. Gov., Chickasaw Nation and president,  
National Congress of American Indians

the purpose and history of the National Congress of American Indians, established in 1944.

He said the native culture has survived because

of its core values.

“Service to one’s country is the equalizing force in this great nation of ours,” Keel said. “There is no greater duty. We all believe in protecting the great opportunities that are afforded to all of us as citizens of the U.S. As a native people, we enjoy a dual citizenship. Many of our cultures are close knit. We all seek a more perfect union, and we wake up every day to honor and protect that.”

Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, gave closing remarks for event. He thanked Keel and the other contributors for their participation in the event.

“We are all Americans,” Gallagher said. “We all come from different ethnic groups and back-grounds, yet we come together as service members with a common bond, mission and focus. Service, honor and respect are three great words that are embedded in our Army values.”

## National American Indian Heritage Month

National American Indian Heritage Month began Nov. 1 to celebrate and recognize the accomplishments of this country’s original inhabitants, explorers and settlers. In 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month.

The bill read in part that the president has authorized and requested to call upon federal, state and local governments; groups and organizations; and the people of the U.S. to observe such month with appropriate programs, ceremonies and activities.

The Army is honored to recognize the outstanding contributions American Indians have made to our nation and our Army. Thousands have served in the armed forces from the early days of the Revolutionary War through today. The multitude of cultures has helped shape our nation. The Army recognizes American Indians’ rich heritage and honors their spirit and true devotion to our country.

Since the birth of this nation, American Indians have been recognized for their adept skills and knowledge of this land. Through the years, they courageously worked with the early U.S. cavalry as scouts, in World War II as code talkers, and in every conflict, they have made the ultimate sacrifice for our freedom.

To this day, 24 Native American Indians have earned the Medal of Honor for their courage and devotion to our nation. They Army is proud of the lasting contributions American Indians continue to make as Soldiers, civilians, veterans and family members that will benefit our nation and Army for many years to come.

The Army knows there is strength in diversity. In celebrating National American Indian Heritage Month, it not only emphasizes American Indians significant contributions, but also the value the Army places on diversity. As a tribute to all American Indians, units, agencies and Army activities will be executing appropriate commemorative activities throughout the Army to celebrate National American Indian Heritage Month.

*(Editor’s Note: Information was complied from Army news releases.)*

## Native American Indians share warrior culture with Engineers

Story and Photo by  
**1ST LT. SCOTT RUPNOW**  
Headquarters and Headquarters Company, 130th Engineer Brigade  
Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS – The 130th Engineer Brigade and other spectators were honored to host Jefferson Keel, as well as local Native American Indians who displayed traditional music, dances and garb, here, Nov. 16.

Keel is lieutenant governor of the Chickasaw Nation of Oklahoma and president of the National Congress of American Indians. Keel, a Vietnam veteran, spoke to Soldiers of the 130th Eng. Bde., 8th Theater Sustainment Command, on the warrior traditions of Native Americans and the strength that diversity can bring to the nation’s armed forces.

The presentation started off with traditional Native American music consisting of a flute solo and a powwow drum performance. Native American dances were also performed.

After the dancing, Keel took the stage and shared his experiences with the crowd of engineer Soldiers.

“I always felt a sense of service to the U.S. and to my people,” Keel said. “I have always felt a sense of my warrior heritage.”

This sense of service led him to enlist at the age of 16 in the Oklahoma National Guard, but only after promising his mother that he would graduate high school first. He fulfilled his promise and joined the Army during the Vietnam conflict. Keel retired from the Army after 20 years of service and continued his life of service by being elected to his current position.



A performer demonstrates the ring dance during the 130th Eng. Bde., 8th TSC’s Native American Equal Opportunity event, Nov. 16. The dance is highly technical, consisting of making complicated animal shapes with rings, all while maintaining rhythm with a bass drum.

“It is a little known fact, but Native Americans actual serve in the military at a higher rate per capita than any other ethnic group in America,” Keel said.

With the diverse nature of the current conflicts in the world, Keel said forming a diverse fighting force that draws from a wide breadth of life experiences is the best course of action. According to Keel, each groups’ traditions and unique cultural experiences provide a different platform to problem solve and to combat current hostilities that our Sol-

diers face on the modern battlefield.

Col. Jeffrey Milhorn, commander, and Command Sgt. Maj. Roy Ward, senior enlisted leader, concluded the ceremony by presenting Keel with a gift.

Also, the musicians and dancers who had just performed presented Keel with an eagle feather. The giving of an eagle feather is of great significance in the Native American culture. They’re the only ethnic group that has been given legal permission to possess eagle feathers.



# Range reconnaissance equips leadership with knowledge

Story and Photo by

**SGT. ROBERT M. ENGLAND**

2nd Brigade Combat Team Public Affairs, 25th Infantry Division

KAHUKU — The commander stepped down from the vehicle into the open air and surveyed the scenery; a vast expanse of rolling mountain ranges and deep ravines crowded with towering trees stood before him.

The view, as eye-catching as it may have been, was not the center of attention; the vacant buildings in the near vicinity were his main point of interest.

Col. Christopher Vanek, commander, 2nd Brigade Combat Team, “Warriors,” 25th Infantry Division, conducted a reconnaissance of a range, here, recently.

Vanek, accompanied by several members of the 2nd BCT staff, surveyed the range for future training operations.

“The purpose of this recon is to give brigade leadership the opportunity to see this new training resource that we have available, so that we understand the capabilities, limitations and potential risks to our Soldiers when utilizing this site,” Vanek said.

Vanek said that all the battalions within the Warrior Bde. could utilize the range, here, but that training would most likely be geared toward smaller-sized elements.

“This range will be utilized for maneuver training primarily for company and platoon maneuver, and situational training exercises,” he said.

Ken Torre, manager, Training Support, Range Div.; Directorate of Plans, Training Mobilization and Security; U.S. Army Garrison-Hawaii, added



Col. Christopher Vanek (left), commander, 2nd BCT, 25th ID, uses a field expedient diagram to convey training possibilities to members of the 2nd BCT staff at the CACTF in Kahuku, recently.

that the training site boasts new equipment and facilities.

“I will tell you from past experience, not just as a civilian, but also as a Soldier, Kahuku allows the battalions to train as a pure training unit,” Torre said. “It encompasses a lot of training area — about 9,000 acres — and the new capability that is out there, the Combined Arms Collective Training Facility, will enhance their training.”

The CACTF, a series of multi-level vacant buildings, provides a suitable location for units to train in urban combat, Torre added.

This training site comprises one of many options available to commanders interested in conducting training. Vanek said that the range complements the ranges at Schofield Barracks, East Range, Ewa and the Pohakuloa Training Area on the Big Island.

Having so many available training sites offers commanders a variety of training resources to best meet their training goals for their units, Vanek said. Certain locations create better training environments for specific tasks, such as weapon qualifications or entering and clearing a room.

“Each location in Hawaii has unique capabilities that provide opportunities for unit commanders to focus their intents,” Vanek said. “For example, Kahuku is not certified for live-fire training, but it’s a great area to do maneuver training. Schofield Barracks’ ranges are very good for live-fire training, but not as good for maneuver training.”

Multiple Department of Defense organizations have full operating bases in Hawaii. With that in mind, another benefit for having so many available training locations is not having to compete for training space, Vanek added.

To reserve any of the available ranges in Hawaii, Torre said that the brigade commander must schedule the use of the property. Range Control’s responsibility is to provide training resources and support for the military, Torre said. That includes maintaining the ranges and ensuring the ranges are within regulatory requirements throughout the Army.

Vanek agreed upon the importance of adhering to environmental standards and regulations, adding that he expects the Soldiers in the Warrior Bde. to help maintain the training environments while in use.

“We want to be in compliance with all environmental considerations, and we want to be good stewards,” Vanek said. “Our goal is to leave the training area better than we found it.”

## News Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### Today

#### USAG-HI Facebook Town Hall

— Have questions about U.S. Army Garrison-Hawaii? Get ready for the second Facebook town hall, hosted by USAG-HI, 6-7:30 p.m., Nov. 30, at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the “Events” tab on the left menu.

Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, email [AskTheCommander.usaghi@us.army.mil](mailto:AskTheCommander.usaghi@us.army.mil).

## December

### 2 / Friday

#### Reverse Direction Spike Strips

— Reverse direction spike strips will be installed during weekends in December

at Schofield Barracks and Fort Shafter gates. Times and locations follow:

- McNair Gate, Schofield Barracks, Dec. 2-4.
- Macomb Gate, Schofield Barracks, Dec. 9-11.
- Buckner Gate, Fort Shafter: Dec. 16-18.
- Foote Gate, Schofield Barracks: Dec. 23-25.
- Lyman Gate, Schofield Barracks: December 30-31.

Exit traffic will be temporarily detoured to another gate/lane during the installation. Inbound traffic will not be impacted. Hours for other gates remain unchanged. Plan for additional travel time due to expected traffic congestion. Call 656-6751/6750.

### 7 / Wednesday

#### Special Operations Recruiting

— A recruiter will be available, Dec. 7-8, Building 560, Education Center, Schofield Barracks, to discuss career opportunities in the civil affairs, explosive ordnance and psychological operations fields. Call (910) 432-9697.

### 17 / Saturday

#### New Hours

— Starting 8 p.m., Dec. 17, McNair Gate at Schofield Bar-

racks will close at 8 p.m., Friday, and open again at 5 a.m., Monday. It will be closed on weekends and holidays. Call 656-6750/6751/5398.

### 31 / Saturday

#### Free Overnight Hotel Vouchers

— Active duty service members traveling to or leaving the U.S. can present their ID card and a copy of their official travel orders at the Honolulu International Airport USO to get a free overnight hotel voucher. This offer is good through Dec. 31. For a list of participating hotels, visit [www.salutetosoldiers.com](http://www.salutetosoldiers.com). Call 422-1213 or email [elsmith@uso.org](mailto:elsmith@uso.org) or [btroegner@uso.org](mailto:btroegner@uso.org).

## Ongoing

#### Prevention Tool

— MyPrime is an online alcohol and substance abuse prevention and intervention training tool that provides Soldiers with the ability to self-assess their own high-risk behaviors and influence changes in attitude, belief and behavior. Modeled after the successful classroom-based training program and current Army Drug and Alcohol Prevention Train-

ing, PRIME for Life, myPRIMEs online training, enables the Army to better serve deployed Soldiers. Log in at <https://forums.army.mil/CommunityBrowser.aspx?id=1596430>.

#### Notary

— Soldiers, military families and veterans can use NotaryNow for free during 2011. This technology allows users to notarize remotely by connecting to a notary over webcam. Visit [www.notarynow.com/signings-for-soldiers](http://www.notarynow.com/signings-for-soldiers).

#### Learning Resource Center Temporary Closure

— The Schofield Barracks center/computer lab will be closed until further notice due to a change in contractors. Call 655-4444.

#### Ohana Clinic

— Tripler Army Medical Center’s Warrior Ohana Medical Home is accepting enrollment. The center is a full-service, primary care clinic and is open Monday-Friday, 8 a.m.-4:30 p.m., at 91-1010 Shangrila St., Ste. 100, in Kalaeloa. Call 433-5401/5402.

#### Resiliency Training

— Families Overcoming Under Stress, or FOCUS, offers resiliency training for Army families. During individual family sessions, families can learn skills to improve communication and iden-

tify strategies for dealing with deployment reminders. Training services are free of charge to military; confidential sessions are available during family-friendly hours.

Call 257-7774 or email [hawaii@focusproject.org](mailto:hawaii@focusproject.org).

#### Counseling Sessions

— Military OneSource offers nonmedical behavioral health counseling sessions for service members and their families. These counseling sessions provide face-to-face counseling through affiliate providers; short-term, solution-focused telephonic consultations; and online consultations. Authorization is on a case-by-case basis. Visit [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) or call (800) 342-9647.

#### Financial Counseling

— Army Community Service’s Financial Readiness Program provides one-on-one counseling to Soldiers and family members. Topics for discussion include credit repair, consumer affairs and complaints, budget/spending plan, identity theft, car and home buying, investing, insurance, the Thrift Savings Plan and retirement. ACS Financial Readiness can assist in remedial, preventive and productive financial counseling. Call 655-4227 to schedule an appointment.



# TAMC Medical Simulation Center achieves SSH accreditation

Story and Photo by  
**STEPHANIE BRYANT**  
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center's Simulation Center recently achieved the Society for Simulation in Healthcare, or SSH, accreditation.

TAMC is the second simulation center in the Department of Defense to achieve this accreditation and the only one in Hawaii and the Pacific region.

Ruth Andrews, the simulation center's administrator, said the center's main focus is graduate medical education programs, but they do support all graduate professional health programs like nursing, physician's assistant, and even staff training.

The center has a variety of simulators from simple task trainers all the way through the high fidelity simulators that allow training on many skills.

"The old paradigm used to be 'See one; Do one; Teach one' and now it's moving towards 'Simulate one; Do one; Teach one,'" said Maj. Taylor Sawyer, director, Medical Simulation Center, TAMC. "This (evolution) is very important (to medical training)."

Sawyer explained that a lot of the residents are right out of medical school and haven't experienced or performed any procedures.

Andrews said this is why simulation is so important now in medical training facilities.

"In simulation, you can practice as often as you want without risk of injuring anyone," Andrews

said. "You use it to build your skills and your knowledge. The bottom line is patient safety.

Sawyer said the validation is a representation of the center's significance to TAMC.

"The accreditation validates (the) education that the people who are doing the simulations provide," he said. "The data that the residents who use the program accumulated assisted us in getting the accreditation. (The accreditation) validates the training that they are doing. It shows that (the center) is of a high level and (has) been reviewed by people outside of Tripler and (it was) found to be good."

Andrews and Sawyer said this SSH accreditation is just the first step for the center. They want to help the center meet the same standards as other accredited simulation centers.

Now, the center is working toward an accreditation with the American College of Surgeons.

"We want Tripler to be in line with all the other facilities that are doing medical and/or surgical simulations," Andrews said. "A lot of times, people look at training as training and do not directly link it to patient care. For us, we are really involved in patient care."

TAMC's simulation center is open 24/7 to students who get special permission.

"We try to work with residents and staff who work all different shifts," Andrews said. "They can practice as much as they want."

In fiscal year 2011, the TAMC Medical Simulation Center clocked more than 7,500 training hours.



Residents and graduate medical students use TAMC's Medical Simulation Center as part of the hospital's Graduate Medical Education program to gain hands-on experience with procedures in their field.

## Soldiers' Angels honors Hawaii wounded warriors

**SOLDIERS' ANGELS**  
News Release

HONOLULU — From the Walter Reed National Military Medical Center in Bethesda, Md., to the Naval Medical Center in San Diego, and other military medical centers around the country, Soldiers' Angels, a nonprofit organization, presented service members wounded in combat with free laptop computers.

Theresa Johnson, a volunteer with the Hawaii chapter of Soldiers' Angels, presented Pfc. James Hunt with a new laptop at Tripler Army Medical Center's Fisher House, here, recently.

Hunt is a forward observer assigned to Troop C, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division. The unit is scheduled to return from its 12-month deployment to the Nangarhar province, Afghanistan, in April.

"I plan to use the computer to stay in touch with my unit downrange, take online classes to further my career and for day-to-day socializing," Hunt said.

Laptops were also handed out to combat-wounded Marines from Marine Corps Base Hawaii-Kaneohe Bay.

Formed in 2003, Soldiers' Angels is a nonprofit organization that supports deployed service members, veterans and their families. Some of their programs include care packages and letters; first responder packs, support and laptop computers to wounded service members who are receiving treatment at American military hospitals; and memorial trees and support for the families of service members who have died in the service of their country.

*(Editor's Note: Tripler Army Medical Center Public Affairs contributed to the content of this article.)*

**Soldiers' Angels**  
Learn more about Soldiers' Angels at [www.soldiersangels.org](http://www.soldiersangels.org).



**Stephanie Rush** | Tripler Army Medical Center Public Affairs

Theresa Johnson (right), a volunteer with the Hawaii chapter of Soldiers' Angels, stands with Pfc. James Hunt, forward observer, Troop C, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, recently.



# Town Hall: SMEs available to answer questions

CONTINUED FROM A-1

need for families to arrange child care.”

SMEs will address questions and comments posted on the “Garrison Facebook Town Hall” page, located under the “Events” tab, on USAG-HI’s page.

Participants who post comments on the USAG-HI’s “Wall” will be redirected to the event page, the only place questions will be addressed. This is a family-friendly event; comments and questions that are offensive or derogatory will be removed.

“This Facebook town hall is the perfect time for Soldiers, family members, civilians and community members to speak about what’s on their minds and get answers,” said Dennis Drake, director, USAG-HI Public Affairs.

All issues will be addressed; however, patience is requested in the response times as some questions may need more research or answers from another organization or tenant unit. Any queries not addressed that night will be answered in the coming days.

Anonymous or private questions can be emailed to AskTheCommander.usaghi@us.army.mil or posted at ice.disa.mil.

### Got questions?

The Facebook town hall is 6-7:30 p.m., Nov. 30 at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii). Click on the “Events” tab, located in the left side menu, then click on the “Garrison Facebook Town Hall.”



WTB Soldiers play wheelchair basketball, Nov. 10, at Schofield Barracks’ Martinez Gym as a part of the Warrior Care Month celebration.

# WTB: Cadre marvel in unit’s healing process

CONTINUED FROM A-1

“It’s about being there for the Soldiers for all their different needs,” Crutcher said. “We want them to have the best and easiest transition possible, whether it is back to the Army or back to civilian life.”

Crutcher added that the thing she enjoys most about caring for warriors in transition is seeing where they began their journey and the evolution of their healing process as they transition.

In addition to the sports, a community health nurse and two nursing students were on site with an information booth for the troops to ask questions. Also, Army Community Service had an information booth set up for the Soldiers to get brochures for classes and job opportunities.

To wrap up Warrior Care Month, the battalion will host a movie night under the stars for the warriors in transition and their families later this month.

# 8th TSC: Training helps Soldiers downrange

CONTINUED FROM A-1

(noncommissioned officers). It was quick and to the point. We had experienced trainers and knowledgeable instructors at each station.”

Every Soldier had to qualify on their weapons, pass each station and have a signature sheet signed off from each exercise before they could leave the range. According to Walker, this training helps them grow as Soldiers and benefits them downrange.

“Training is the foundation of any organization, and training is what we need to do to get our Soldiers ready for combat,” Walker said. “The most important thing I want the Soldiers to take home is I want them to build confidence in what they are doing and continue to build as a team.”



Sen. Max Cleland (in blue), secretary, ABMC, assisted by his personal aide John Marshall, uses the new chairlift at the National Memorial Cemetery of the Pacific at Punchbowl for the first time, Nov. 8.

# Punchbowl receives new ADA complaint chairlifts

Story and Photo by  
**JOSEPH BONFIGLIO**  
U.S. Army Corps of Engineers-Honolulu District Public Affairs

HONOLULU — Officials from the U.S. Army Corps of Engineers, the American Battle Monuments Commission, and the National Memorial Cemetery of the Pacific at Punchbowl here, recently dedicated four new chairlifts, completed by the Corps, to make the memorial compliant with the Americans with Disabilities Act.

“It’s a great honor to represent the Corps today and share this special moment with our friends and partners with the commission and Punchbowl,” said Lt. Col. Douglas Guttormsen, commander, USACE-Honolulu District, at the dedication and ribbon cutting ceremony.

After a blessing, Sen. Max Cleland, secretary, ABMC, became the first person to officially use the new chairlifts. He rode up the four chairlifts to view all five levels of the memorial, something that wasn’t readily possible for disabled persons prior to the project’s completion.

Cleland and the other ABMC commissioners also received briefings on how the ABMC, Punchbowl and the Corps are working together to add Vietnam War maps and descriptions to the memorial in 2012.

According to Guttormsen, USACE originally constructed the cemetery after World War II and is committed to work with the ABMC and Punchbowl to make the memorial grounds fully accessible to the public.

The cemetery first opened to the public July 19, 1949. It receives more than five million visitors annually and is on the National Register of Historic Places.

The memorial commemorates 18,096 American World War II service members missing from the Pacific, excluding those from the southwest Pacific; 8,200 Americans missing from the Korean War; and 2,504 Americans missing from the Vietnam War.

Galleries containing mosaic maps and descriptions of the achievements of the American armed forces in the Pacific regions in World War II and in the Korean War flank the memorial chapel.





## Community thanks, rewards wounded warrior

Story and Photos by

**SGT. GAELN LOWERS**

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Sgt. Bill Carlson will never forget the town in the Helmand province of southern Afghanistan, because that was the day he almost lost his life.

Carlson, an explosive ordnance technician, 74th Explosive Ord. Detachment, 303rd Ord. Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, and his unit were conducting a sweep of an abandoned building, searching for any unexploded ordnance so they could return the building, and ultimately the town, back to the local populace.

“I was kneeling down behind cover with some C4 (explosive) in my left hand and evidence in my right,” Carlson said. “After determining that the suspected improvised explosive device was nonfunctional, I stood up and the next thing I knew, I was on the ground.”

Carlson said that it felt like someone had hit him with a cinder block directly in the face.

“Everything happened so fast,” he said. “I was confused and realized that I had been blown up, but didn’t know how. I immediately started to feel around for my legs and

“I stood up and the next thing I knew, I was on the ground.”

— **Sgt. Bill Carlson**74th EOD, 303rd Ord. Bn.,  
45th Sust. Bde, 8th TSC

arms. I realized that they were still there so I thought, ‘That’s a good sign,’ but that’s also when I realized that I couldn’t see.”

Within four days of the blast, Carlson had been moved from Afghanistan to Germany and then to Brooke Army Medical Center, Fort Sam Houston, Texas.

After a month of extensive treatments and recovery, he returned to Hawaii and spent time at the Warrior Transition Bn., Schofield Barracks. When he returned to his unit, he was told he had another mission.

“One morning in the break room, our acting battalion commander came in and told me about this thing called ‘Operation Vacation,’ and that me and my wife needed to be ready to go have some fun,” Carlson said.

Operation Vacation is a grassroots, non-profit organization that reunites deserving Soldiers with their families on free vacations. It’s funded entirely by private and corporate donations, support and sponsorship of the organization in the communities it serves.

Five main locations have adopted the Operation Vacation initiative, including North Kohala on the Big Island. Joe Vitorino and his wife Kelly, owners and proprietors of Hawaii Paso Finos Horse Ranch, spearheaded the idea. With the help and support of local businesses, they have provided five vacations and raised more than \$25,000 for five Soldiers and their families since June 2010.

“This program is not just for the wounded Soldier, it rewards any Soldier returning from a combat environment,” Vitorino said. “It gives them the opportunity to relax and decompress with their family after their time away.”

“It’s important for us to give back and just be a part of this great country,” Vitorino said. “I want to be able to do whatever it is I can to help out.”

Zipline tours, lodging, a rental car, horseback riding, hiking and much more is given by the Vitorinos and local sponsors. However, it’s the attitude and appreciation of the local community that make this trip worth it, Carlson said.

“The local community, here, is something to emulate and be admired. They have a great attitude and great respect for their veterans,” Carlson said.

Carlson was not the first nor will he be the last Soldier to travel to North Kohala and enjoy Operation Vacation’s hospitality.

“People are already coming up to me and asking when the next Soldier is coming into town,” Vitorino said. “Initially, it started out as a one- or two-person effort, and now, the entire community has come together to get and involved and thank our nation’s greatest resource; its Soldiers.”

# ‘Operation Vacation’



Sgt. Bill Carlson, explosive ord. technician, 74th EOD, 303rd Ord. Bn., 45th Sust. Bde., 8th TSC, goes down a zipline during “Operation Vacation” in North Kohala on the Big Island of Hawaii, recently.



Joe Vitorino (right), owner and proprietor of Hawaii Paso Finos horse ranch, leads Sgt. Bill Carlson on horseback during “Operation Vacation.”



Sgt. Bill Carlson and his wife, Kelly, gaze across the ocean at Hawaii Paso Finos horse ranch.





**Today**  
**Friday Night Entertainment Series** – Enjoy live entertainment each Friday night at Kolekole Bar and Grill, Schofield Barracks. From Latin and hip-hop to open mic night, there's something for everyone. Call 655-0664.

**26 / Saturday**  
**Cosmic Bowling** – Cosmic Bowling starts at 3 p.m., Saturdays, at the Schofield Barracks Bowling Center and at 1 p.m., Sundays, at the Fort Shafter Bowling Center. Call Schofield at 655-0573 or Fort Shafter at 438-6733.

**28 / Monday**  
**Free Hula Classes** – The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.

Classes are held the following days and locations:  
•Mondays, Kalakaua Community Center, Schofield Barracks.  
•Tuesdays, AMR Community Center.

**Swimming Pool Closures**– TAMC's swimming pool is closed, Nov. 28-Dec. 8, to conduct leak detection tests. The AMR Pool will be available during the closure. Also, HMR Pool is closed through May 30. Visit [www.himwr.com](http://www.himwr.com) for hours of operation for AMR and TAMC pools.

**29 / Tuesday**  
**Teen Video Workshop** – Teens can make a free video to give out as holiday gifts, 3-5 p.m., Nov. 29, Sgt. Yano Library, Schofield Barracks. Bring your digital photos. Space is limited; register at 655-8002.

**TAMC Tree Lighting Ceremony** – TAMC employees and their families are invited to this annual holiday event, 5:30 p.m., Nov. 29, at TAMC's Oceanside entrance. Call 433-6002/4853.

**30 / Wednesday**  
**Free Lei-Making Workshop** – Soldiers and families can learn to make lei, 5:30 p.m., Nov. 30, at the AMR Community Center, Building 1788, 182 Kauhini Rd. To register, call the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

**Florida Marlins** – Preregistration for the youth clinics begin at noon, Nov. 30 at [www.himwr.com](http://www.himwr.com). Limited spaces are available. Participants must be between the ages of 9-14. To play baseball, bring a glove, athletic wear and closed-toe shoes; to dance, bring closed-toe

## community calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**Islandwide Christmas Crafts and Food Expo** – Event features 400 exhibitors selling gift items, from hand-made Christmas ornaments to jewelry, clothing and Hawaiian artworks, 4-9 p.m., Nov. 25; 10 a.m.-9 p.m., Nov. 26; and 10 a.m.-5 p.m., Nov. 27; Blaisdell Exhibition Hall, 777 Ward Ave., Honolulu. Regular admission is \$4; military and seniors (65 and older), \$3; and ages under 13, free. Call 623-4050.

**2011 Waikiki Holiday Parade** – The Waikiki Holiday Parade, 7-9 p.m., Nov. 25, commemorates Pearl Harbor by honoring survivors and veterans in memory of the attacks from Dec. 7, 1941.  
The parade starts at Fort DeRussy Park and ends at Kapiolani Park and will travel about 1.5 miles along Waikiki's main thoroughfare, Kalakaua Avenue.  
Highlights include 4,000 marchers, 40 vehicles and 38 bands, to include local Hawaiian bands, marching bands from



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

## Going for green

SCHOFIELD BARRACKS — Nik Nikolaidis (center), T & N Computer Recycling, assists Marie Burghardt (right) with a TV to be recycled while Burghardt's sister, Claudia Hernandez, looks on, during "Army Recycles Day," here, Saturday. The Army Recycling Center, here, is available to the U.S. Army Garrison-Hawaii community, including housing, for drop-offs. To learn more about recycling, visit [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil), click on "Recycling on Post" in the left menu. Call the Recycle Center at 655-0011 for an automated message.

shoes and comfortable clothing.  
All events are Dec. 11 at Schofield Barracks:  
•1:45-2:45 p.m.: Meet and greet, Tropics Warrior Zone (must be 18 and older to enter).  
•3-4 p.m.: Youth baseball and dance clinics, Ralston Field.  
•4-5 p.m.: Youth meet and greet, Ralston Field.  
Call 656-3329 or 655-0112.

**Kids Meal** – Every Wednesday night, keiki under 10 can eat for \$1.99 at Kolekole Bar and Grill, Schofield Barracks, or at Mulligan's Bar and Grill, Fort Shafter. Call Kolekole Bar and Grill at 655-0664 or Mulligan's Bar and Grill at 438-6712.

## December

**1 / Thursday**  
**Letter Writing to Santa** – Keiki can write a letter to Santa, 3:30-4:30 p.m., Dec. 1, Fort Shafter Library. All supplies will be provided. Call 438-9521.

**All-Army Sports** – Deadline for men and women to register is Dec. 1 for boxing and Dec. 10 for cross-county. Call 655-0856.

**2 / Friday**  
**Leilehua Golf Pro Shop** – The golf pro shop's holiday sale, Dec. 2, offers 10-50 percent off all merchandise,

including sale and clearance items (excludes special orders). Call 655-4653.

**3 / Saturday**  
**Holiday Family Fun Fest** – Come take a picture with Santa, build a gingerbread house, jump on the bouncers, play games and win prizes, 9 a.m.-1:30 p.m., Dec. 3, AMR Gym and Community Center.

**"Seussical"** – This Broadway musical contains is performed by Seuss characters. Admission is free on a first-come, first-served basis.  
Performances are by SKIES students at Wheeler Middle School; dates follow:  
•Dec. 3, 2 p.m.: SKIES students' family members and guests will be seated at 1:40 p.m.; all others will be seated at 1:50 p.m.  
•Dec. 3, 7 p.m.: Evening performance is open seating and begins at 6:45 p.m.; no reserved seating.

**6 / Tuesday**  
**Holiday Tree Lighting Ceremonies** – Keiki can have their photos taken with Santa Claus at FMWR's annual events, which include entertainment and light refreshments. Activities at both locations start at 5:30 p.m.; tree lighting ceremonies start at 6 p.m.:  
•Dec. 6, General's Loop, Schofield Barracks.  
•Dec. 8, Palm Circle, Fort Shafter.

**7 / Wednesday**  
**Free Featherwork Workshop** –

free, 10-minute holiday webcast message to family members back home or deployed loved ones, 11 a.m.-7 p.m., Dec. 16, Hawaiian Telecom Federal Credit Union, 1129 Wright Ave., Building 102, WAAF (across from the 25th Combat Aviation Brigade, 25th ID's Wings of Lightning dining facility). Sessions are limited; register today at [www.operationbestwishes.com](http://www.operationbestwishes.com). Call 624-9801.

**17 / Saturday**  
**Pancake Breakfast with Santa** – Military keiki can have breakfast with Santa, 9-11 a.m., Dec. 17, ASYM-CA, Building 122, at 1262 Santos Dumont, WAAF. Cost is \$5 (includes a photo with Santa and a gift; keiki and babies up to 4 years old, free; and adults, \$3).

## January

**25 / Wednesday**  
**Prom, Ball Dresses Donations** – Formal events are in the near future for many teens on the island. Donate last year's ready-to-be-worn dress, shoes and accessories by Jan. 25 at Fisher House, TAMC. Dresses will be sold for \$20; accessories, \$5. Email [jessicabode1@yahoo.com](mailto:jessicabode1@yahoo.com) or call (210) 862-1055.

## Ongoing

**RAP Meeting** – Get in-

Learn to make a hair accessory using feathers, 5:30 p.m., Dec. 7, at the AMR Community Center, Building 1788, 182 Kauhini Rd. To register, call the Native Hawaiian Liaison Office at 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

**14 / Wednesday**  
**Free Coconut Weaving Workshop** – Learn to make bracelets, hats or headbands using coconut palm fronds, 5:30 p.m., Dec. 14, at the AMR Community Center, Building 1788, 182 Kauhini Rd. To register, call 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

**Basketball Court Closure** – The Martinez Physical Fitness Center, Scofield Barracks, basketball court will be closed Dec. 14-19, so its hardwood floors can be resurfaced. Other areas of the gym will remain open and be available for use. Racquetball courts, weight rooms and the Nautilus room will remain open for use. Call 655-8006.

**24 / Saturday**  
**Single Soldiers' Holiday Party** – Single Soldiers can eat a free dinner and win prizes at this annual event, 3 p.m., Dec. 24, Tropics Warrior Zone, Schofield Barracks.

## Ongoing

**Free Fitness Classes** – Soldiers  
**SEE MWR BRIEFS, B-4**

volved in your community by attending your community's Resident Advisory Panel.

IPC residents can develop and strengthen their relationships with property management and fellow residents through the RAP.

All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit [www.IslandPalmCommunities.com](http://www.IslandPalmCommunities.com).

**Operation Kid Comfort** – This local quilting group creates comfort quilts and pillows for children of deployed service members. Call 473-3398 or email [PearlHarbor@asymcahi.org](mailto:PearlHarbor@asymcahi.org).

**Parent Participation Preschool** – This program is for children ages 3-4, and it helps preschool children make a smooth transition into the structure of kindergarten. Preschool days are 12-2 p.m., Tuesdays and Thursdays, Wheeler Armed Services YMCA, WAAF. Cost is \$40 per month. Call 624-5645.

**Holiday Exchange Refunds** – For items purchased now through Dec. 24, Schofield Exchange shoppers can return or exchange those items through Jan. 31.

If a shopper requests a refund with a sales receipt, a refund will be made in the original tender used.  
If a customer requests a refund without a sales receipt, the refund amount will be loaded onto an Exchange gift card. Call 423-7694.

## Worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers' Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF and FD  
•Sunday services:  
– 8:30 a.m. at AMR  
– 10:30 a.m. at MPC Annex  
– 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

**Protestant Worship**  
•Sunday Services  
– 9 a.m. at FD, MPC and TAMC chapels  
– 9 a.m. at WAAF chapel, Lutheran/Episcopalian  
– 10 a.m. at HMR  
– 10:30 a.m. at AMR

**Single Soldiers' Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.

## This Week at the MOVIES

Joint Base Pearl Harbor-Hickam Memorial Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



**Johnny English**  
(PG)  
Fri., Nov. 25, 6 p.m.  
Sat., Nov. 26, 4 p.m.

**Shark Night**  
(PG-13)  
Fri., Nov. 25, 8:30 p.m.

**Real Steel**  
(PG-13)  
Sat., Nov. 26, 7 p.m.

**Dolphin Tale**  
(PG)  
Sun., Nov. 27, 2 p.m.

**The Thing**  
(R)  
Wed., Nov. 30, 7 p.m.

**Money Ball**  
(PG-13)  
Thurs., Dec. 1, 7 p.m.

No shows on Mondays or Tuesdays.

AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and Recreation  
FRG: family readiness group  
HMR: Helemano Military Reservation

IPC: Island Palm Communities  
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
WAAF: Wheeler Army Airfield

**Calendar abbreviations**  
8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan



# Help, options available for challenges of smoking cessation

**BETHANN CAMERON**  
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — While this year’s Great American Smokeout, Nov. 16, has passed, anytime is the right time to make a plan to stop smoking.

A plan to quit smoking is an important step towards leading a healthier life.

Risk of a heart attack decreases 24 hours after stopping smoking and, after one year of being tobacco-free, the risk for heart disease is one-half that of smokers.

Soldiers who quit tobacco enhance their performance during a mission with increased night vision and mental sharpness; reduce their risk of heat and cold injuries; and improve wound healing.

Quitting smoking isn’t easy, but it can be done. To have the best chance of quitting successfully, know what you’re up against, what your options are and where to go for help.

- Challenges**

Cigarettes and tobacco such as dip or chew contain an addictive drug called nicotine. You are addicted to nicotine if you are tense, fidgety, crabby, have poor concentration and get headaches if you haven’t smoked in a few hours.

Nicotine cravings and urges to use tobacco can be triggered by a situation, event or behavior such as drinking coffee, talking on the phone or eating a big meal that sets off the urge to smoke or dip.
- Options**

Make a plan and get ready to quit. Preparation for change is the key to success. Get rid of all tobacco, ashtrays, lighters and matches in your house or car. Place “stop signs” as reminders in your home, car or other areas that trigger your desire to smoke. Decide on one of the quit methods below:

  - Cold turkey – quit at once.
  - Tapering – gradually cut back on the amount smoked.
  - Postponing – put off smoking until later each day.


## Where to go for help

- For more information on tobacco cessation, visit:
- Quit Tobacco. Make Everyone Proud: [www.ucanquit2.org](http://www.ucanquit2.org).
  - American Lung Association: [www.lungusa.org/stop-smoking/workplace-wellness](http://www.lungusa.org/stop-smoking/workplace-wellness).
  - American Cancer Society: [www.cancer.org/Healthy/StayAwayfromTobacco/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/index).
  - Become an EX, Online Tobacco Cessation Program: [www.becomeanex.org](http://www.becomeanex.org).

- Tips**
  - Avoid situations where people smoke, if possible.
  - Alter or change the situation.
  - Look for alternatives or substitutes for smoking such as chewing sugar-free gum, playing with a pen or rubber band, or picturing something pleasant in your mind.

Use the 4D’s:

  - Delay. Wait 15 minutes.
  - Deep breaths. Deep breathing relieves stress.
  - Drink water.
  - Do something else.

Take a walk. Go for a run.
- 

# Moderate usage of a natural mineral found in foods can help prevent colds

**SHARI LOPATIN**  
TriWest Healthcare Alliance

PHOENIX — Feel yourself developing the sniffles? Better take some zinc.

Zinc is an element in the earth’s crust — one of the most common, in fact. And while too much zinc is dangerous, the human body needs zinc for certain functions. One of the most important functions is to keep your immune system strong, according to the Centers for Disease Control and Prevention.

- Resources**

For more information on healthy eating, visit [TriWest.com/EatHealthy](http://TriWest.com/EatHealthy).
- Which foods contain zinc?**

Try eating some of these foods listed from the National Institutes of Health, which are naturally high in zinc:

  - Oysters or crab
  - Baked beans, canned
  - Raisin Bran cereal
  - Cashews
  - Low fat yogurt and fruit
  - Chicken legs
  - Red meats, such as beef or pork

By boosting your intake of zinc, you could help ward off colds. Just make sure you’re getting your recommended intake of zinc. Remember, too much could prove harmful to your body.

Recommended Dietary Allowances for Zinc				
Age	Male	Female	If you’re pregnant	If you’re breastfeeding
0–6 months	2 mg	2 mg		
7–12 months	3 mg	3 mg		
1–3 years	3 mg	3 mg		
4–8 years	5 mg	5 mg		
9–13 years	8 mg	8 mg		
14–18 years	11 mg	9 mg	12 mg	13 mg
19+ years	11 mg	8 mg	11 mg	12 mg
<i>(Information from National Institutes of Health, Office of Dietary Supplements)</i>				





Fort Shafter's Bowling Center has updated its cosmic bowling system. Cosmic bowling combines the typical bowling alley with black lights, flashing graphics and party music to match.

# Cosmic bowling ‘glows’ to next level

Story and Photo by  
**JENNY DUONG**

Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

FORT SHAFTER – Bowling in the dark never looked so good at the newly remodeled bowling center, here.

Cosmic bowling or “glow bowling” combines the typical bowling alley with black lights, flashing graphics and party music to match.

“Over the years, bowling became more attractive to the younger market, for birthday parties, and for family/company get-togethers,” said Don Yonamine, manager, Fort Shafter Bowling Center. “To accommodate this trend, we have upgraded our cosmic bowling to improve the outdated and failing sound system and lighting.”

Renovations started in September for the new cosmic bowling system, here.

Among the renovations are two new big screens with LCD projectors, three new LCD flat screen TVs, the latest Brunswick scoring system and new Brunswick Synthetic Pro Lanes.

“The cosmic bowling program is a perfect venue for Fort Shafter since the installation does not have a facility such as the Tropics Warrior Zone on Schofield Barracks,” said Rhonda Hunter, chief, Business Operations Division, Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

Bowling has been an entertainment staple at most Army installations. It provides convenience in space, cost and is available to all age groups.

“Bowling is a game that the whole family can enjoy together,” Yonamine said. “Whether you’re a serious bowler or just a novice, the new upgrades and improvements will benefit both types of bowlers.”

With the new cosmic bowling system in place, Soldiers and families are already enjoying their new bowling experiences.

## Cosmic bowling

Cosmic bowling is 3 p.m.-midnight, Saturdays and 1-5 p.m., Sundays at Fort Shafter; call 438-6733. Call 655-0573.



CONTINUED FROM B-2

and family members can attend a variety of free fitness classes at the Schofield Barracks Health and Fitness Center.

Visit [www.himwr.com](http://www.himwr.com).

**TAMC Physical Fitness Classes** – Active duty Soldiers and their family members can show their military ID at TAMC’s Physical Fitness Center to sign up

for free classes. Cost for Army civilians is \$4 per class or \$25 per month. Call 433-6443.

**Zumba** – Classes are offered at the Fort Shafter Physical Fitness Center, 5:30-6:30 p.m., Thursdays. Classes are free for active duty; cost for all other patrons is \$4.

Visit [www.himwr.com](http://www.himwr.com).

**2012 NFL Pro Bowl Pre-sale** – Tickets are on sale at the Schofield Barracks Army Leisure Travel Services Office and are sold on a first-come, first-served basis. Ticket purchasers must have a military ID card and be 18 years of age or older. Call 655-9971.

# Polo club to honor military, families

**HAWAII POLO CLUB**  
News Release

WAIALUA – The Hawaii Polo Club will open its gates for a tribute to the military, Nov. 27, 68-411 Farrington Hwy., here.

Gates open at noon; matches start at 2 p.m. The club’s first autumn polo event will welcome home troops for the holidays.

Enjoy an afternoon of polo, live music and gourmet foods. Come early to tailgate, picnic, and barbeque seaside.

The club is inviting the community to celebrate and to say “mahalo” for the sacrifices, courage and commitment made by service members and their families.

Tickets are \$10 for general admission and \$7 for military and students.

A portion of ticket sales will be donated to the Wounded Warrior Project. Call 637-7669.